**Changing from 32 to 64bit**

* If your Virtual Box only showing 32 bit =

<http://www.fixedbyvonnie.com/2014/11/virtualbox-showing-32-bit-guest-versions-64-bit-host-os/>

* Help to release **mouse** capture in **virtualBox**. Press one key by itself: \*The [CTRL] key on the right hand side of the keyboard